

South Bay AORN News

The newsletter for The South Bay Association of periOperative Registered Nurses (AORN) #0523
May 2005, Year 33, Issue 4

Presidential Pronouncements

By Frances Hikido, President

Greetings! The year is going by so fast and soon my leadership will be over and I'll be handing the beloved mallet over to Eric Sadang! We will be going quarterly with our meetings. We hope this will be more convenient for everyone and therefore easier to attend the meetings. It was wonderful to see so many faces at last month's meeting with Dr. Tiffany Rogers. We had a full room and it was terrific! Dr. Rogers was a great speaker and not only told us how important posture was for our backs but she gave us all a visual to help us achieve proper alignment. She told us to think about a jelly donut and how we do not want the filling to squish out. By slouching, we tend to squeeze the jelly out of our donuts. In time we will have no more jelly and back pain will ensue. So remember to stand/sit tall, upright and proud! Also calcium, calcium, CALCIUM! We all should be consuming about 1500 mg/day! So have we had our calcium today?



This month's speaker was to be Dr. Omari from Harbor-UCLA to speak about chest trauma, but due to his schedule, we will have a change in speakers. Even though we are still currently looking, we still hope to see you at the meeting. We will be drawing for the raffle! Hope you are having good luck selling. We have restaurant gift certificates, tickets for two to Disneyland, which, by the way, is celebrating their 50th anniversary, and much, much more! Also we will be electing a new President-elect, Secretary, Newsletter Editor, and Board of Directors. If you are interested in any of the great positions and want to get more involved in your professional organization, please let me know! Contact me at franco60@aol.com or call me at 310-222-2797. It's a great group, a lot of fun, and it really does go by fast!

**Come to our 6 p.m. educational
AORN meetings on the 4th Tues-
days and get two free contact
hours!**

New Experiences

By Eric Sadang, Delegate

Hello everybody! My name is Eric. If you go to the South Bay AORN meetings, you might know me as the quiet guy sitting in the back. I just came back with my friends and colleagues from the AORN Congress in New Orleans. I must say it was a delightful experience. Especially to see so many nurses brought together who share the same passions. As a first time attendee I found it somewhat overwhelming. Hundreds and hundreds of people, thousands of products, and tons of information packed under one roof. But with the help of all these women, and a couple of guys, I was able to slowly piece together what was going on. As the week quickly flew by I found myself thinking about more than the exhibits and the people there. I started thinking about the people here. Specifically, the patients. I realized that all the people there, all the technology, EVERYTHING is for our patients. New tools, new operating rooms, new rules, same game. Whether we realize it or not, everything that goes on in our profession is geared toward helping and protecting those we care for. I walked away from New Orleans with a new experience under my belt and rejuvenation of an ideal that originally brought me into this profession.

Installation Dinner

June 28

**Location to be
announced**

April 26 Board Minutes

By Cheryl Norwood, Secretary

Attendants: Frances Hikido, Cheryl Norwood, Barbara Maddox, Lilia Stuart, Aileen Cabatan-Almazan, Eric Sadang, Toni Stafford.

The meeting was called to order at 5:00 p.m. by Frances Hikido, President

President's Report:

* **Congress:** Frances Hikido, Eric Sadang, Monique Eriksen, and Sharon Ward attended Congress and brought back good information and many free goodies for the group.

* **Letter to Chapter Members:** Frances sent out a letter to all chapter members to address the issue of non-participation at the monthly chapter meetings. She received multiple responses to her letter. All respondents felt the chapter should not be disbanded. Some felt the day was bad, while others felt the time was too early. Based on the responses, the following occurred:

o A second letter was sent to all members along with a survey about their desires for the 2006 chapter meetings. The survey included two options and several other questions.

* **Changes to the meetings for 2006 will be:**

* **Changes to the meetings for 2006 will be:**

- o Board Meeting at 5:30 p.m.
- o Education 6:30 – 8:30 p.m.
- o Torrance Memorial Medical Center HCC#4
- o Quarterly Meetings: September, October, January, April, and June for electing officers.

* **Fundraising: Aileen Cabatan-Almazan**

- o The yearly raffle/fundraiser is underway.
- o The Grand Prize is two tickets for the Queen Mary Getaway, which includes:
 - o Two nights stay aboard the Queen Mary
 - o First class stateroom
 - o Catalina Express over to Catalina for a day trip
 - o Food and beverage not included
- o We have also received other prizes for the raffle
 - o 2 gift certificates at local restaurants
 - o 1 foot massager
 - o 1 gift certificate for See's candy

Ticket sales are from early April to May 24. The raffle will be May 24th at the chapter meeting

Aileen is also trying to find vendors to donate other prizes for the raffle.

* **Secretary's Report: Cheryl Norwood**

o Mary Ritchie has been creating and mailing the chapter newsletter. She has also been sending out e-mail notices of the meetings along with flyers for all hospitals. Nice job, Mary.

* **Treasurer's Report: Barbara Maddox**

Starting Balance:	\$5812.95
Debit:	
AORN Congress	\$1960.70
Total	\$1960.70
Automatic Deposit:	\$ 240.00
Ending Balance:	\$4092.25

* **Educational Programs:**

May 24	Dr. Omari / Chest Trauma
June 28	Installation Dinner

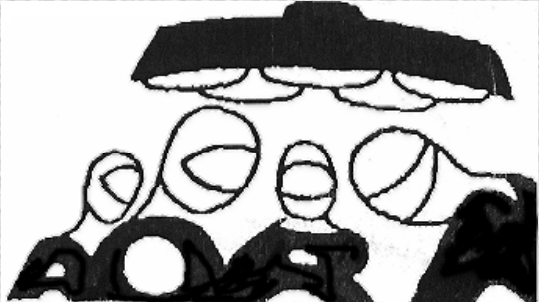
The meeting was adjourned at 6:10 p.m. by Frances Hikido.

"South Bay AORN News"
May 2005
Year 33, Issue Number 4

Published: Periodically.
Target audience: Perioperative nurses of the South Bay of Los Angeles County.
Circulation: 86 members and various surgical facilities

South Bay chapter 0523 established April 18, 1972

Please send all submissions to:
Editor: Mary Ritchie
Address: 125 Avenue E, Redondo Beach, CA 90277
E-mail: marymac@hotpop.com (preferred method)
Telephone: 310-944-9822 (h)/310-517-2588 (w)



May 24, 6 p.m.
2 free contact hours

Evidence-Based Practice at the Perioperative QuizBowl or How Can Learning About Evidence-Based Practice be Fun?

By Monique Eriksen, Delegate

Learning about evidence-based practice was fun during the first Perioperative QuizBowl: Evidence-Based Practice. The learning game featured well know AORN leaders including Victoria Steelman, RN, PhD, CNOR as the master of ceremonies, and judges Jane Rothrock, RN, DNSc, CNOR, FAAN; Trish Seifer, RN, MSN, CNOR, CRNFA, FAAN; and Ellen Murphy, RN, JD, FAAN. Four teams consisting of 4 members competed against each other and answered questions related to perioperative nursing practice until the Awesome Austinites emerged as the winners. The audience learned about the best perioperative practices while cheering for their favorite teams. In addition to sharing their knowledge, the teams had the opportunity to showcase their creativity in selection of a team name and look. The winning Awesome Austinites were lovely in their red feather boas. General topics for the questions included infection control, safety, and medications/anesthesia.

Evidence-based practice provides a framework for making practice decisions based upon levels of evidence, with stronger evidence carrying more weight. It eliminates the rationale of doing something "because that's the way that we have always done it." Staff

nurses as well as other members of the surgical team can get information from a variety of resources, including the AORN Journal. The AORN Journal regularly reports research findings. In addition, there are many web resources available. The evidence is used to make the best decisions in providing quality perioperative patient care.

Putting a learning opportunity such as the Perioperative QuizBowl together required much planning. Research and other evidence for practice was evaluated and the questions were formatted, reviewed, and edited. The questions were then field tested on perioperative nurses, leading to revision and further review. The game rules were developed and posted, and teams given the opportunity to participate in the qualifying competition on line. The four leading teams were selected to participate in the first Perioperative QuizBowl.

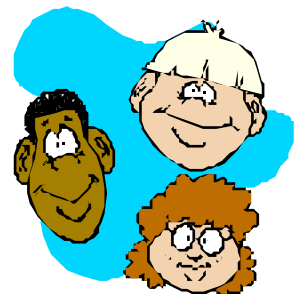
Since the program appeared well received by the audience, there may be an opportunity to participate next year in QuizBowl 2006 in Washington, DC. Do we have a group of potential participants from the South Bay chapter out there?

Laugh and Heal!

By Frances Hikido, President & Delegate

Newlin's . . . the place to be! This year's Congress was held in New Orleans and I was able to represent our chapter at the meeting. It was my first time experiencing the delegate-side of Congress. I have attended the meetings many times but just to sit in the lectures. This time I felt I was more behind the scenes; going to the voting sessions and just listening to what was happening with AORN. It was a lot of fun and I really enjoyed that aspect of it. I had some great colleagues with me; Eric Sadang, Sharon Ward and Monique Ericksen. They represented the chapter with pride and I felt proud to be with them. Our first speaker on Sunday was Patch Adams! Yes he is a real person! And yes, he is a clown and a doctor! He was very lively and his philosophy of health care was very altruistic. He is building a hospital in West Virginia. A free hospital! He believes by making patients laugh and smile and to know they are special is just one of the

steps to help heal them. He showed a tape of a little girl who could not or would not sit up straight in her wheelchair. She did not want to be looked at. He was "clowning" around with her and kept giving her kisses and making her laugh and soon enough, you could see her start to sit up and look at the camera with her great big smile. It was very heartwarming and true Patch Adams. That was just the start of a great week and of course the night life afterwards, Bourbon Street - need I say more! I'm looking forward to the direction AORN is taking and our new President Sharon McNamara really has some great ideas. Our organization is really strong, there were over 7000 nurses at Congress this year, and it will continue to be so. Next year it will be in Washington, DC. They say the cherry blossoms should be in bloom. I say we should all go and check it out!



May 24, Tuesday, at 6 p.m.

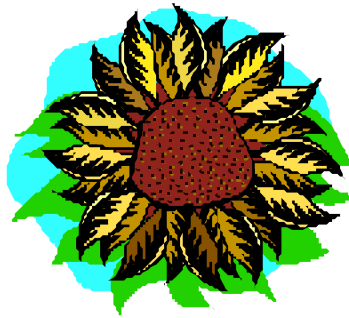
**Torrance Memorial Health Conference Center
3330 Lomita Blvd., Torrance**

Surprise Speaker

Two (2) FREE contact hours

Raffle Drawing!

Bring your tickets!



There's a six story parking structure next to the Health Conference Center and is easily accessible from Sky-park Drive or Lomita Blvd. Need a map? See: www.torrancememorial.org/maphcc.htm.

Mary Ritchie
Interim Newsletter Editor
125 Avenue E
Redondo Beach, CA 90277

**Forwarding and
Return Postage
Guaranteed**

